

Evans Pool Swimming

Swimming Scholarship Fund!

YOU CAN BE A SUPER HERO TOO! As part of our ongoing commitment to water safety, Seattle Parks and Recreation—in partnership with Seattle Children's Hospital, Tulalip Tribes and the support of many caring individuals—is offering scholarships to supplement the cost of swim lessons for youth ages 4 to 16. Adults only qualify for 50% off.

Can you make a donation? To make your donation to the Seattle Parks and Recreation swim lesson scholarship fund, visit any Seattle Parks and Recreation swimming pool, or donate online to www.arcseattle.org/get-involved/. For more information, call your local pool or 206-684-7185. Be a hero and help every child become a super swimmer!

Do you know a child who needs a scholarship? To learn more about applying, or to receive a Low-Income Scholarship application, please contact your neighborhood pool. Funding is limited. Approved scholarships can be used for Kinder (ages 4 to 5), Beginning Swimmer (ages 6 to 16) and Advanced Swimmer (ages 6 to 16, and adult lessons 16 and up)



Lessons for 6 month - 4 year-olds

Class	Day	Time	Dates	# Classes	Cost	Barcode
Parent and Child Aquatics Level 1 & 2 6mo - 4 Years Old	Monday	11:30am	5/2-6/13	6	\$42.00	146209
	Tuesday	6:30pm	5/3-6/14	7	\$49.00	146217
	Wednesday	11:30am	5/4-6/15	7	\$49.00	146221
	Thursday	6:30pm	5/5-6/16	7	\$49.00	146215
	Friday	11:30am	5/6-6/17	7	\$49.00	146184
	Saturday	10:00am	5/7-6/18	7	\$49.00	146210
	Saturday	2:30pm	5/7-6/18	7	\$49.00	146211
	Saturday	3:00pm	5/7-6/18	7	\$49.00	146213

Lessons for 3 year-olds only

3 Year Olds	Monday	11:00am	5/2-6/13	6	\$75.00	146154
	Tuesday	6:30pm	5/3-6/14	7	\$87.50	146175
	Wednesday	11:00am	5/4-6/15	7	\$87.50	146180
	Wednesday	6:30pm	5/4-6/15	7	\$87.50	146182
	Thursday	4:00pm	5/5-6/16	7	\$87.50	146168
	Thursday	6:30pm	5/5-6/16	7	\$87.50	146171
	Friday	11:00am	5/6-6/17	7	\$87.50	146151
	Saturday	10:00am	5/7-6/18	7	\$87.50	146161
	Saturday	12:00pm	5/7-6/18	7	\$87.50	146163
	Saturday	12:30pm	5/7-6/18	7	\$87.50	146166
	Saturday	1:00pm	5/7-6/18	7	\$87.50	146158

Lessons for 4 - 5 year-olds

Kinder (All Skill levels) 4 & 5 Years Old	Monday	6:30pm	5/2-6/13	6	\$51.00	146104
	Tuesday	11:00am	5/3-6/14	7	\$59.50	146114
	Tuesday	4:00pm	5/3-6/14	7	\$59.50	146116
	Wednesday	6:30pm	5/4-6/15	7	\$59.50	146117
	Thursday	11:00am	5/5-6/16	7	\$59.50	146106
	Thursday	4:00pm	5/5-6/16	7	\$59.50	146112
	Saturday	10:30am	5/7-6/18	7	\$59.50	146105

Refund Policy: Anyone who registers for a class, camp, and special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.

Anyone who registers for a for a swim lesson who requests a refund before the second class starts will receive a refund, minus a service charge of \$5 or 10% of the class fee (whichever is greater) and charged for the first day if applicable. Anyone who registers and withdraws from a class after the second class begins will receive no refund. Please read the entire policy 7.16 for specific information.

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Lessons for 6 year olds and up

<u>Class</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u># Classes</u>	<u>Cost</u>	<u>Barcode</u>
Beginning Swimmer 6-16 Year olds	Monday	7:00pm	5/2-6/13	6	\$42.00	146098
	Tuesday	4:30pm	5/3-6/14	7	\$49.00	146101
	Tuesday	5:00pm	5/3-6/14	7	\$49.00	146102
	Wednesday	7:00pm	5/4-6/15	7	\$49.00	146103
	Thursday	4:30pm	5/5-6/16	7	\$49.00	146100
	Saturday	11:00am	5/7-6/18	7	\$49.00	146099
Advanced Swimmer 6-16 Year olds	Monday	7:30pm	5/2-6/13	6	\$42.00	146090
	Wednesday	7:30pm	5/4-6/15	7	\$49.00	146097
	Thursday	5:00pm	5/5-6/16	7	\$49.00	146096
	Saturday	11:30am	5/7-6/18	7	\$49.00	146093
Pre-Competition 6 - 17 Years old	Monday	7:30pm	5/2-6/13	6	\$42.00	146128
	Thursday	5:00pm	5/5-6/16	7	\$49.00	146133
	Saturday	11:30am	5/7-6/18	7	\$49.00	146131
Beginning Diving 1 7-16 yrs old	Tuesday	6:30-7:00pm	5/3-6/14	7	\$49.00	146120
Intermediate Diving 2 7-16 yrs old	Thursday	6:30-7:00pm	5/5-6/16	7	\$49.00	146121
Special Populations 6-17 years old	Saturday	2:30pm	5/7-6/18	7	\$49.00	146136
	Saturday	3:00pm	5/7-6/18	7	\$49.00	146137

Lessons/Trainings for 15 year olds and up

Adult Lessons	Monday	8:00pm	5/2-6/13	6	\$42.00	146080
	Tuesday	11:30am	5/3-6/14	7	\$49.00	146084
	Wednesday	8:00pm	5/4-6/15	7	\$49.00	146087
	Thursday	11:30am	5/5-6/16	7	\$49.00	146082
Lifeguard Training	Saturdays	see flyer	4/2-5/14	7	\$125.00	142470
Lifeguard Renewal	Sat/Sun	see flyer	6/4-6/5	2	\$100.00	142471

How to Register for Swimming Lessons:

Registration for **SPRING** swimming lessons begins on March 8th at noon. You can register in person during regular business hours, over the phone, or online.

To register over the phone, call 206-684-4961 or 206-684-5177

To register online: visit www.seattle.gov/parks



Lesson Tips:

- Please register for the correct age group.
- Please read lesson descriptions and prerequisites carefully to make sure your child is registered for the correct class.
- Sorry, we cannot give credits or make-up classes or for missed classes.
- A minimum of 4 students is required for all classes (except for 3 year old lessons).
- Please direct all questions/concerns to the pool cashier or deck supervisor.
- Please watch the swimming lessons from the bleacher area and away from the edge of the deck.
- Help your child develop their swimming skills and have fun by bringing them to a public or family swim to practice.

Lessons & Specialty Courses

Our specially designed **Seattle Swims** Lesson Program puts the emphasis on safety, fitness and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice and instructor feedback. We will group children by ability on the first day of class to provide the best opportunity for your child's success.

Tot Lessons (Ages 6 months – 4 years) Parents introduce their infants and toddlers to the swimming pool as we teach basic water adjustment and swimming movements. Songs and games create an atmosphere of fun, enjoyment and relaxation. Each child must be accompanied into the water by a parent or adult. Swim diapers or tight fitting plastic pants are required.

Three-Year-Olds Lessons (Age 3) Start your child learning basic swimming skills and water safety in a small group with other 3 year olds. We introduce children to basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls and water safety skills. Children must have initial water comfort and be able to work in the water with an instructor. To ensure safety and quality, we maintain a 3:1 student to instructor ratio.

Kinder Lessons (Ages 4 & 5) Students will start with basic water adjustment and eventually learn these skills: front and back floats, flutter kick, rolling from front to back, side breathing, Front Crawls Stroke with bilateral breathing, backstroke, whip kick, treading water and water safety skills. We will group children by ability levels on the first day of class. We maintain a 6:1 student to instructor ratio.

Beginning Swimmer (Ages 6 – 16) **Floating, Gliding, Kicking:** Children learn to get comfortable putting their face in the water and practicing floating, gliding and kicking on their front, back and sides. These skills provide the foundation for all other swimming strokes they can learn plus kids learn about personal safety and how to know their limits. **Arm Strokes:** Learning to roll from front to back while performing arm strokes is the next step in mastering the crawls stroke. Once kids are doing that we move on to teaching side breathing. Kids also work on back stroke, strengthening kicking, proper body alignment, treading water and swimming in deep water. **Side Breathing and Whip Kick:** Front Crawl Stroke with bilateral breathing, and an introduction to whip kick are among the skills taught in this level. Children continue to work on strength, endurance and proper techniques. We maintain an 8:1 student to instructor ratio.

Advanced Swimmer (Ages 6 – 16) Swimmers are introduced to other strokes while continuing to increase safety, fitness and skill proficiency. **Prerequisite:** Swimmers must have passed Beginning Swimmer (have received a completion card), be comfortable in deep water and able to swim 15 yards without stopping. They must demonstrate good Front Crawl Stroke with bilateral breathing, and proper whip kick on their back. Children not ready will be moved to Beginning Youth Swimmer if there is room. **Learning New Strokes:** Also adds Elementary Backstroke, Breaststroke and Butterfly along with continued practice in Front Crawl Stroke and Backstroke. **Increasing Endurance and Proficiency:** Increased distances and more refinement of the previous strokes along with sidestroke are taught in this course. **Proficiency, Fitness and Water Safety:** Teaches increased mastery of technique and endurance in all the strokes plus safety and basic rescue techniques. We maintain up to a 10:1 instructor to student ratio.

Pre-Competition (Ages: 6 – 17) Experience the fun of competitive swimming - This class is for students who have successfully completed Advanced Youth Swimmer. The coaches will emphasize improving stroke technique, turns and racing starts, building teamwork, and getting a strong workout for increased endurance.

DIVING (Ages: 6 – 16) Have fun while learning critical safety habits, basic springboard diving skills and proper form while supervised by an experienced Diving Instructor. Work on skill progressions for forward and back approaches, take-offs, forward and back dives, inward dives, and more. **Prerequisite:** Students must have successfully mastered skills in Beginning Youth Swimmer and have the ability to dive from the side of the pool in deep water. Beginning Diving 1, Intermediate Diving 2, Advanced Diving

Special Populations Lessons (Ages 6-17) These are individual or small group lessons for youth with cognitive, developmental, or physical special needs. We provide pool chair lifts and portable stairs for easy access. Please contact the pool Coordinators for information at 206-684-4961.